

NORTH LAUREL 50+CENTER

JANUARY, FEBRUARY, MARCH 2023



**9411 Whiskey Bottom Road
Laurel, MD 20723**

(410) 313-0380

Center Email

northlaurel50@

howardcountymd.gov

Monday - Friday

8:30 am - 4:30 pm

50+Center Hotline

410-313-5400

GO50+Hours

Monday—Saturday

8 am - 9 pm

Sunday 9 am - 6 pm

Program & Inclement

Weather Status Line

410-313-7777

Newsletter Online

**www.howardcountymd.gov/
aging-independence/north-
laurel-50-center**

Volunteer Website

www.hocovolunteer.org

In This Issue

Staff / General Info	Page 1-3
At-a-Glance	Page 4-6
On-going Programs	Page 7-8
Events & Programs	Page 8-13
Exercise & Fitness	Page 14-15
Virtual Corner	Page 16



NEW YEAR'S LUNCH

FRIDAY, JANUARY 13

MINDFUL MONDAY GROOVE

***New* Fitness Class**

MONDAY, FEBRUARY 13, 10:30am

VAN BUREN WOODWORKS

FRIDAY, FEBRUARY 24, 10:30am

AGEISM AWARENESS & GAME

FRIDAY, FEBRUARY 17, 11am

BALTIMORE MUSEUM OF INDUSTRY

"Shipbuilding on the Patapsco"

FRIDAY, MARCH 3, 11am

"BIRD IS THE WORD: BIRD ID's"

FRIDAY, MARCH 17, 11am



LAUREL HISTORY BOYS

"The Carol Replane Cold Case"

FRIDAY, MARCH 31, 11am

AARP SMART DRIVER COURSE

TUESDAY, MARCH 28, 10am

.....

JOIN THE SENIOR COUNCIL !

3RD TUESDAY OF THE MONTH, 1pm

GENERAL INFORMATION

50+ Center Staff

Lucky Sohi, Director

lsohi@howardcountymd.gov
410-313-0387

Darlene Vaselaros, Assistant Director

lsohi@howardcountymd.gov
410-313-0388

Carmen Faye, Registrar

cfaye@howardcountymd.gov
410-313-0380

Cheryl Campbell, Nutrition Specialist

chcampbell@howardcountymd.gov
410-313-0387 (Wednesdays & Fridays)

North Laurel 50+ Center Council

- Barbara Altman
- Janice Britt
- Linda Brock
- Pam Campbell
- Kay Carter
- Judy Emory
- Susan Garber
- John Garnett
- Merrilyn Hill
- Lisa Lozier
- Donna Pruzenski
- George Santoros
- Susie Schaaf

The council is proud to sponsor a portion of the congregate lunch program in addition to special events.

Upcoming Center Council Meetings:

Jan. 17, Feb. 21 & Mar. 21 at 1 pm

Newsletter

Would you like your newsletter delivered to your inbox? Just click on or copy this link to sign up:

<https://bit.ly/HoCosubscribe>

Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all members' rights and needs are respected. To obtain a full list of guidelines, please request a copy at the 50+ Front Desk.

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current.

Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.

Please Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-0380 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

GENERAL INFORMATION

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done at the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. An account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. Refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program. Refunds for classes missed during the January pause will be processed starting March 21, 2022. The administrative fee will be waived.

ANNOUNCEMENTS

AARP Income Tax Preparation by Appointment only Tuesdays & Thursdays 11am - 4pm running January 31 - April 13

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held at the North Laurel 50+ Center on Tuesdays & Thursdays from 11am-4pm. This service is by appointment only.

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service.

Each appointment is for one single or joint return.

- Bring Social Security cards for anyone listed on your return.
 - Bring 2021 state and federal tax returns.
 - Bring 2022 tax records with you.
- If you had investment transactions during 2021, be sure to bring the purchase cost for those transactions.

To set up a tax appointment, please call **443-741-2373**. Appointments will not be scheduled until January 16, 2023. You will need to leave a message. Include your name and specify that you would like your appointment at the North Laurel 50+ Center.

A scheduler will call you back to confirm the date and time.

For those who would like to schedule an appointment online click this link:

[AARP Tax Aide Locator](#)

For all other tax questions, call AARP directly at **888-227-7669**.

TAX APPOINTMENTS ARE NOT SCHEDULED BY CENTER STAFF and TAX PREPARERS ARE NOT AVAILABLE TO ANSWER PHONE INQUIRIES.

Center Closed: January 16 & February 20

JANUARY AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 New Year's Day</p> <p>Center Closed</p>	<p>3 8 Walking Club 11:15 Line Dance 1 Acoustic Jam</p>	<p>4 8 Walking Club 10 Chair Yoga Dance 11:15 Gentle Yoga 11:30 Age Well 12 Computer Chat 1 Crafting Club 1 Open Games</p>	<p>5 8 Walking Club 10 Care Talk Appts. 10 On Our Minds* 11:30 Mat Pilates 12 Rack 'Em Up Pool Party</p> <p>* virtual</p>	<p>6 8 Walking Club 9 Meet & Greet the Council 10 Zumba 11 Sit Stitch 'n Give 11:30 Age Well</p>
<p>9 8 Walking Club 9 MAP Appts. 11:30 Mat Pilates</p>	<p>10 8 Walking Club 11:15 Line Dance</p>	<p>11 8 Walking Club 10 Chair Yoga Dance 11 Fresh Conversations 11:15 Gentle Yoga 11:30 Age Well 1 Crafting Club 1 Open Games</p>	<p>12 8 Walking Club 10 On Our Minds* 11 Trivia! 11:30 Mat Pilates</p> <p>* virtual</p>	<p>13 8 Walking Club 10 Zumba 11 Sit Stitch 'n Give 11:30 Age Well 12 New Year's Lunch</p>
<p>16</p> <p>Martin Luther King Day</p> <p>Center Closed</p>	<p>17 8 Walking Club 11:15 Line Dance 1 Acoustic Jam</p>	<p>18 8 Walking Club 10 Chair Yoga Dance 10 Tasty Tidbits 11 Nutrition Talk with Carmen Roberts 11:15 Gentle Yoga 11:30 Age Well 1 Crafting Club 1 Open Games</p>	<p>19 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates 1 Movie Matinee</p> <p>* virtual</p>	<p>20 8 Walking Club 10 Zumba 11 Sit Stitch 'n Give 11:30 Age Well</p>
<p>23 8 Walking Club 9 MAP Appts. 10 Ask the Officer With Breakfast 11:30 Mat Pilates</p>	<p>24 8 Walking Club 11:15 Line Dance</p>	<p>25 8 Walking Club 10 Chair Yoga Dance 11 MAP Talk 11:15 Gentle Yoga 11:30 Age Well 12 Computer Chat 12 Birthday Bash 1 Crafting Club 1 Open Games</p>	<p>26 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates</p> <p>* virtual</p>	<p>27 8 Walking Club 10 Zumba 11 Tough Conversations 11 Sit Stitch 'n Give 11:30 Age Well</p>
<p>30 8 Walking Club 9 MAP Appts. 11:30 Mat Pilates</p>	<p>31 8 Walking Club 11:15 Line Dance 1 Acoustic Jam</p>			

FEBRUARY AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8 Walking Club 10 Chair Yoga Dance 11 MAP Talk 11:15 Gentle Yoga 11:30 Age Well 12 Computer Chat 1 Crafting Club 1 Open Games	2 8 Walking Club 10 Care Talk Appts. 10 On Our Minds* 11:30 Mat Pilates 12 Rack 'Em Up Pool Party * virtual	3 8 Walking Club 9 Meet & Greet the Council 10 Valentine's Cardmaking 10 Zumba 11 Sit Stitch 'n Give 11:30 Age Well
6 8 Walking Club 9 MAP Appts. 11:30 Mat Pilates	7 8 Walking Club 11:15 Line Dance 1 Acoustic Jam	8 8 Walking Club 10 Chair Yoga Dance 11 Library Talk 11:15 Gentle Yoga 11:30 Age Well 12 Computer Chat 1 Crafting Club 1 Open Games	9 8 Walking Club 10 On Our Minds* 11 Trivia! 11:30 Mat Pilates * virtual	10 8 Walking Club 10 Zumba 11 Sit Stitch 'n Give 11:30 Age Well 12 Valentine's Lunch
13 8 Walking Club 9 MAP Appts. 11:30 Mat Pilates	14 8 Walking Club 11:15 Line Dance	15 8 Walking Club 10 Chair Yoga Dance 11 Arthritis Talk 11:15 Gentle Yoga 11:30 Age Well 1 Crafting Club 1 Open Games	16 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates 1 Movie Matinee * virtual	17 8 Walking Club 10 Zumba 10 Tasty Tidbits 11 Ageism Awareness Game 11 Sit Stitch 'n Give 11:30 Age Well
20 President's Day Center Closed	21 8 Walking Club 11:15 Line Dance 1 Acoustic Jam 1 Council Meeting	22 8 Walking Club 10 Chair Yoga Dance 11 Fresh Conversations 11:15 Gentle Yoga 11:30 Age Well 12 Birthday Bash 12 Computer Chat 1 Crafting Club 1 Open Games	23 8 Walking Club 10 On Our Minds* 11:30 Mat Pilates * virtual	24 8 Walking Club 10 Zumba 10.30 Van Buren Woodworks 11 Sit Stitch 'n Give 11:30 Age Well
27 8 Walking Club 9 MAP Appts. 10 Ask the Officer With Breakfast 11:30 Mat Pilates	28 8 Walking Club 11:15 Line Dance 1 Acoustic Jam			

MARCH AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>8 Walking Club 10 Chair Yoga Dance</p> <p>11 Nutrition Talk with Carmen Roberts</p> <p>11:15 Gentle Yoga 11:30 Age Well 12 Computer Chat 1 Crafting Club 1 Open Games</p>	<p>2</p> <p>8 Walking Club 10 Care Talk Appts. 10 On Our Minds*</p> <p>11:30 Mat Pilates</p> <p>12 Rack 'Em Up Pool Party</p> <p>* virtual</p>	<p>3</p> <p>8 Walking Club</p> <p>9 Meet & Greet the Council</p> <p>10 Zumba</p> <p>11 BMI</p> <p>11 Sit Stitch 'n Give 11:30 Age Well</p>
<p>6</p> <p>8 Walking Club 9 MAP Appts. 11:30 Mat Pilates</p>	<p>7</p> <p>8 Walking Club 11:15 Line Dance 1 Acoustic Jam</p>	<p>8</p> <p>8 Walking Club 10 Chair Yoga Dance</p> <p>11 Library Talk</p> <p>11:15 Gentle Yoga 11:30 Age Well 1 Crafting Club 1 Open Games</p>	<p>9</p> <p>8 Walking Club 10 On Our Minds*</p> <p>11 Trivia!</p> <p>11:30 Mat Pilates</p> <p>* virtual</p>	<p>10</p> <p>8 Walking Club 10 Zumba 11 Sit Stitch 'n Give 11:30 Age Well</p>
<p>13</p> <p>8 Walking Club 9 MAP Appts. 11:30 Mat Pilates</p>	<p>14</p> <p>8 Walking Club 11:15 Line Dance</p>	<p>15</p> <p>8 Walking Club 10 Chair Yoga Dance</p> <p>10 Tasty Tidbits</p> <p>11 MAP Talk</p> <p>11:15 Gentle Yoga 11:30 Age Well 12 Computer Chat 1 Crafting Club 1 Open Games</p>	<p>16</p> <p>8 Walking Club 10 On Our Minds*</p> <p>11:30 Mat Pilates</p> <p>1 Movie Matinee</p> <p>* virtual</p>	<p>17</p> <p>8 Walking Club 10 Zumba</p> <p>11 Bird is the Word: Bird ID's</p> <p>11 Sit Stitch 'n Give 11:30 Age Well</p> <p>12 St. Patrick's Day Lunch</p>
<p>20</p> <p>8 Walking Club 9 MAP Appts. 11:30 Mat Pilates</p>	<p>21</p> <p>8 Walking Club 11:15 Line Dance 1 Council Meeting 1 Acoustic Jam</p>	<p>22</p> <p>8 Walking Club 10 Chair Yoga Dance</p> <p>11:15 Gentle Yoga 11:30 Age Well 12 Computer Chat 1 Crafting Club 1 Open Games</p>	<p>23</p> <p>8 Walking Club 10 On Our Minds*</p> <p>11:30 Mat Pilates</p> <p>* virtual</p>	<p>24</p> <p>8 Walking Club 10 Zumba</p> <p>11 Women's Mental Health Talk</p> <p>11 Sit Stitch 'n Give 11:30 Age Well</p>
<p>27</p> <p>8 Walking Club 9 MAP Appts. 10 Ask the Officer With Breakfast 11:30 Mat Pilates</p>	<p>28</p> <p>8 Walking Club</p> <p>10 AARP Smart Driver Workshop</p> <p>11:15 Line Dance 1 Acoustic Jam</p>	<p>29</p> <p>8 Walking Club 10 Chair Yoga Dance</p> <p>11 Fresh Conversations</p> <p>11:15 Gentle Yoga 11:30 Age Well 12 Computer Chat 1 Crafting Club 1 Open Games</p>	<p>30</p> <p>8 Walking Club 10 On Our Minds*</p> <p>11:30 Mat Pilates</p> <p>* virtual</p>	<p>31</p> <p>8 Walking Club 10 Zumba</p> <p>11 Laurel History Boys</p> <p>11 Sit Stitch 'n Give 11:30 Age Well</p>

ONGOING PROGRAMS

Billiards and Table Tennis

Billiards and table tennis tables available for friendly play. Check availability with the Rec & Parks Front Desk at 410-313-0390.

8am Monday - Friday

Computer Chat

Getting hung up on ever advancing technology? Need a little one-on-one time to ask questions that pertain to your specific problem? Schedule a free one-hour appointment at the 50+ Front Desk. Please bring your own device.

No class Jan. 11, 18, Feb. 15, Mar. 8

12 - 3pm Wednesdays

Acoustic Jam Session

Meet up with other local music enthusiasts to share and play your instrument of choice. All talents are welcome!

1 - 3pm First & Third Tuesdays

The Craft Club

Share ideas, connect and create easy do-it-yourself projects in an engaging environment. All crafters are welcome! Please bring your own materials.

Please sign up at the 50+ Front Desk.

1 - 3pm Wednesdays



Open Games

Enjoy an afternoon of open game play. Room reserved for those willing to share the space with others playing different games. Bring your own or choose from those at the Center.

1 - 3pm Wednesdays

On Our Minds* (formerly Newstalk)

An upbeat group discussing a variety of topics with a high value on consideration, mutual respect, and support. Join in the Conversation! A Seniors Together Peer Outreach facilitated group. *This group meets virtually. For more information or the link to join, contact Karen Hull at 410-313-7466.

10 - 11am Thursdays

NL50+ Council Meet & Greet

Come meet our Council members and find out more about what they do and see if you'd like to join also!

9am - 12pm First Fridays

Sit, Stitch 'n Give

Gather to socialize and stitch projects for your personal use or for community giving. Knitters, crocheters, fabric crafters and others come together to share their talents. Drop in on this fun and ageless group who happily share fellowship and conversation.

11am - 2pm Fridays

Nutrition Consultation

Carmen Roberts, RD, LDN, is available for individual consultation sessions to answer questions about diet and nutrition. Sign up at the 50+ Front Desk for a 30 minute session.

Jan 18, Feb 1, Mar 1 9 - 11am

Please don't be shy!

Let Lucky, Darlene, Carmen, or Cheryl know how we can better serve you! We also have a comment box at the front desk for your ideas! What programs would you like to see?

Contact us — all the information is on the front cover!

EVENTS AND PROGRAMS

ONGOING PROGRAMS

CARE TALKS

The Caregiver Support Program will be at North Laurel 50+ Center once a month for in-person meetings with caregivers offering information and resources to assist you in their journey. Please contact Earnestine Thomas at 410-313-5969 or

ethomas@howardcountymd.gov.

10 - 12pm First Thursdays

Story Time for All

The North Laurel preschoolers are looking for new story time readers to join them as they learn about the world around us! If you are interested please let us know so we can get you on the schedule. Sign up at the 50+ Center Front Desk.

Matinee Movie

Join in for a fun movie afternoon with free viewing and snacks for sale. Movies choices will be posted on the bulletin board and in the sign up book. Sponsored by the North Laurel 50+ Senior Council.

Please sign up at the 50+ Center Front Desk.

1 - 3pm Third Thursdays

Free



Rack 'Em Up Pool Party

Friendly competition at the pool tables in Rocky Gorge. Beginners welcome! Sponsored by the North Laurel 50+ Senior Council. Please sign up at the 50+ Center Front Desk.

12 - 2pm First Thursdays

Free

Trivia!

Join in for a friendly game of trivia covering a wide variety of topics! Please sign up at the 50+ Center Front Desk.

11am - 12pm Second Thursdays

Free

EVENTS & PROGRAMS

Fresh Conversations:

"Eat for your Health"

Instead of memorizing lists of nutrients and what is good for you and what isn't, this class will help you to focus on getting the nutrients you need for a healthy lifestyle. Presented by Karen Basinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. Please sign up at the 50+ Center Front Desk.

Jan 11 11am - 12pm W

Free



New Year's Lunch

Join us as we ring in the New Year 2023!

Please sign up at the 50+ Center Front Desk.

Jan 13 12 - 1pm F

Voluntary Donation

Tasty Tidbits with Cheryl

Dip into some new flavors with these protein-packed dips made with Greek yogurt. They are perfect to pair with your favorite fresh veggies and whole grain chips. Recipes: Spinach Dip; Dill and Green Onion Dip. Please sign up at the 50+ Center Front Desk.

Jan 18 10 - 11am W

Free

EVENTS AND PROGRAMS

How Your Nutritional Needs Change with Active Aging

Have you ever wondered how to change your eating habits to help your body thrive into your 60s, 70s, 80s, and beyond? Join registered dietitian Carmen Roberts for a discussion on how your nutritional needs change with each decade of life. Please sign up at the 50+ Center Front Desk.

Jan 18 11am - 12pm W

Free

“Ask the Officer” with Officer Chris Cromwell

Join Officer Chris Cromwell for a general safety update and Q&A session. Please bring your questions and concerns and Officer Cromwell will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

Jan 23 10 - 11am M

Free

Snow Much Fun!

Join North Laurel preschoolers as we celebrate the wonderous weather event known as snow! Please sign-up at the 50+ Center Front Desk.

Jan 24 10 - 11am Tu

Free

Got Your Ducks in a Row?

When it comes to long-term care planning, do you have all your “Ducks in a Row” as you age? This program will offer a practical overview of available community resources and helpful suggestions for what you can do to plan for long-term care needs. Presented by Maryland Access Point (MAP) Specialist. Please sign up at the 50+ Center Front Desk.

Jan 25 11am - 12pm W

Free

January Birthday Bash!

Celebrate your birthday month with lunch and a cupcake. Please sign-up at the 50+ Center Front Desk.

Jan 25 12 - 1pm W

Voluntary Donation

Tackling Tough Topics – 10 Tips for Having More Productive and Effective Conversations

We've all been a part of conversations that haven't gone as we'd hoped – where we've felt misunderstood, frustrated, or hurt. We know it's important as we grow older to talk with loved ones about our finances, living arrangements, medical care, and more. Join Jenn Gruber, a life coach specializing in family transitions, for an enlightening, interactive presentation that will help you feel prepared, confident, and ready to take on these tough topics! Please sign up at the 50+ Center Front Desk.

Jan 27 11am - 12pm F

Free

Resources and Devices to Help you Remain Independent

February is National Senior Independence Month. Staff from OAI, Maryland Access Point and the Community Living Program will share resources and devices to help you live independent and full lives. Community resources will be shared and there will be hands on demonstrations of devices, gadgets and durable medical equipment that help make activities of daily living easier. Presented by Maryland Access Point (MAP) Specialist. Please sign up at the 50+ Center Front Desk.

Feb 1 11am - 12pm W

Free

Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

EVENTS AND PROGRAMS

Valentines and Cards of Love

February is a month to celebrate Love. In this class, we will create three stunning handmade cards for Valentine's Day, Anniversaries, Weddings or just for sending love to someone special. Paper, envelopes, stamps, ink and special tools will be provided. No paper crafting experience is necessary. Please sign up at the 50+ Center Front Desk.

Feb 3 10am - 12pm F

\$8

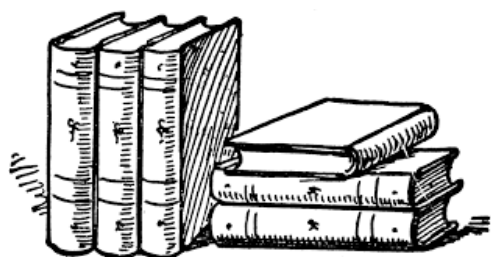
[A06501.202](#)

My Fun Valentine!

Join North Laurel preschoolers as they prepare for Valentine's Day with fun crafts and some "sweets for the sweet!" Please wear red if your heart desires!! Please sign-up at the 50+ Center Front Desk.

Feb 7 10 - 11am Tu

Free



Finding Your Next Favorite Read with Howard County Library System

Feb 8 @ 11am

Join HCLS as they share suggestions for what to read next and share discussion tips for your next book club meeting. To celebrate and honor Black History Month, this presentation includes a focus on titles by Black authors.

Presented by Howard County Library System's Beth Haynes, Assistant Branch Manager, Central Branch and Angie Engles, Adult Instructor and Research Specialist, Central Branch.

Please sign up at the 50+ Center Front Desk.

Feb 8 11am - 12pm F

Free

Valentine's Lunch

Join us as we celebrate the "loveliest" day of the year! Please sign up at the 50+ Center Front Desk.

Feb 10 12 - 1pm F

Voluntary Donation



Arthritis Discussion

Join us as we learn more about Arthritis including Rheumatoid Arthritis. Learn about causes, symptoms, prevention, and treatments. Light refreshments included. Please sign up at the 50+ Center Front Desk.

Feb 15 11am - 12pm W

Free

Tasty Tidbits with Cheryl

Including fiber-rich oats in your breakfast or snacks is a great way to celebrate Heart Month. Learn how to make quick, healthy no-bake energy bites which can be enjoyed as a snack, breakfast, or as dessert. Recipe: Pumpkin Oatmeal Energy Bites. Please sign up at the 50+ Center Front Desk.

Feb 17 10 - 11am F

Free

Ageism Discussion & Game

Ageism and the beliefs we hold about age can have a serious impact on our health and quality of life. You are invited to learn how to identify and combat ageism in a fun and interactive way on February 17 at 11:00am. In this open and welcoming activity, we will play a game that explores age stereotypes, how ageist beliefs may impact us, and ways to celebrate our age-related strengths. I hope you will join us as we learn how to combat ageism together. Presented by Morgan Spliedt, Livable Communities Program Manager. Please sign up at the 50+ Center Front Desk.

Feb 17 11am - 12pm F

Free

EVENTS AND PROGRAMS

Fresh Conversations:

“Sodium”

How to lower sodium intake in your diet: This class will help determine the difference between sodium and salt and to lower your intake to improve your health. Presented by Karen Basinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. Please sign up at the 50+ Center Front Desk.

Feb 22 11am - 12pm W

Free

February Birthday Bash!

Celebrate your birthday month with lunch and a cupcake. Please sign-up at the 50+ Center Front Desk.

Feb 22 12 - 1pm W

Voluntary Donation



Van Buren Woodworks

Join us as we celebrate Black History month with a presentation and live crafting event where you will be able to take home a piece of art created by you! Presented by Van Buren Woodworks and Marla Moore from the Howard County Office on Human Rights & Equity. Please sign up at the 50+ Center Front Desk.

Feb 24 10:30am - 12pm F

Free

“Ask the Officer” with Officer Chris Cromwell

Join Officer Chris Cromwell for a general safety update and Q&A session. Please bring your questions and concerns and Officer Cromwell will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

Feb 27 10 - 11am M

Free

Food Allergy or Intolerance?

Do you suspect that you may have a food allergy or intolerance? Join registered dietitian Carmen Roberts to learn more about the signs and symptoms of both and how to navigate your diet to minimize your symptoms. Please sign up at the 50+ Center Front Desk.

Mar 1 11am - 12pm W

Free

Baltimore Museum of Industry:

Shipbuilding On the Patapsco:

300 years of Baltimoreans and Their Ships

From the earliest days of a settlement to the closing of the last yard at Sparrows Point in the late 20th century, Baltimoreans toiled in dozens of locations building some of the finest vessels ever constructed. From wood to steel, sail then steam, local yards built thousands of ships. Some names we know: The Baltimore Clipper and Liberty Ships - more built in Baltimore than anywhere else. Fleets of small craft, utility tasked ships and the building of a “replacement” refrigerated cargo fleet are just a few of the ship stories that dominated the city for hundreds of years. Presented by Jack Burkert. Please sign up at the 50+ Center Front Desk.

Mar 3 11am - 12pm F

Free

EVENTS AND PROGRAMS

Discover Howard County Library Resources

Join us as we learn more about all of the amazing resources available from HCLS, beyond just books—like art and tools! Presented by Cherise Tasker, Adult Instructor and Research Specialist, Central Branch. Please sign up at the 50+ Center Front Desk.

Mar 8 11am - 12pm W

Free

St. Patrick's Day Fun!

Join North Laurel preschoolers as they celebrate St. Patrick's Day! Fun & food—and don't forget to wear somethings green! Please sign-up at the 50+ Center Front Desk.

Mar 14 10 - 11am Tu

Free

Tasty Tidbits with Cheryl

Hearty Grain Salads: Learn how to make grain salads packed with nutrients including fiber and protein to keep you full. It's the perfect quick dinner or lunch meal. Recipe: Farro and Greens Salad. Please sign up at the 50+ Center Front Desk.

Mar 15 10 - 11am W

Free

Emergency Response Technology

Learn more about Personal Emergency Response / Medical Alert Systems. Learn about how these systems work, and things to think about to help you decide why might they be right for you and your peace-of-mind? Presented by Maryland Access Point (MAP) Specialist. Please sign up at the 50+ Center Front Desk.

Mar 15 11am - 12pm W

Free



"BIRD IS THE WORD!"

*Welcome to the second presentation in our *new* year long series of events titled "Bird is the Word!"*

This series will include talks, walks & DIY's! We'll learn about our feathered friends with which we share our planet and community, and seek to improve our own well-being in the process!

.....

Bird Identification Basics

Are you interested in expanding your interests and picking up a new hobby? Come learn the basics of birding and bird identification with a local Howard County Park Ranger!

This in-classroom session will cover the characteristics of Maryland backyard birds, how to distinguish their calls and when and where to find them, just in time for spring migration.

Bring your questions and your enthusiasm, and in no time you will be ready to start your birding journey!

Please sign-up at the 50+ Center Front Desk.

Mar 17 11am - 12pm F

Free

EVENTS AND PROGRAMS

St. Patrick's Day Lunch

Join us as we celebrate the St. Patrick's Day! Please sign up at the 50+ Center Front Desk.

Mar 17 12 - 1pm F

Voluntary Donation

Woman and Mental Health Through History: Taking Care of Ourselves

The presentation will highlight how woman's mental health has evolved over time, with an emphasis on options for care and resources. Presented by Karen Hull. Please sign up at the 50+ Center Front Desk.

Mar 24 11am - 12pm F

Free

"Ask the Officer" with Officer Chris Cromwell

Join Officer Chris Cromwell for a general safety update and Q&A session. Please bring your questions and concerns and Officer Cromwell will be available to listen and help for free. Coffee & light breakfast will be available. Please sign up at the 50+ Center Front Desk.

Mar 27 10 - 11am M

Free

AARP Smart Driver Course

Safer driving may save you money. Take the AARP Smart Driver classroom course and you could save on your car insurance! Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right-of-way and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road.

Please sign up at the 50+ Center Front Desk.

Mar 28 10am - 2pm Tu

\$20 for AARP members/ \$25 for non-members

Fresh Conversations:

Eating on the Go

Most people eat out more than once a week. This class will help to make healthy choices whether at a fast food or sit down restaurant. Presented by Karen Basinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. Please sign up at the 50+ Center Front Desk.

Mar 29 11am - 12pm W

Free

March Birthday Bash!

Celebrate your birthday month with lunch and a cupcake. Please sign-up at the 50+ Center Front Desk.

Mar 29 12 - 1pm W

Voluntary Donation

The Laurel History Boys presents:

The Carol Replane Cold Case

The story of a teacher's murder in 1963 that was never solved.

She was abducted in

Laurel and her body was

found in Ellicott City. After years of research and interviews, Kevin Leonard details exactly what happened, the extensive police investigation, and how he figured out who was the killer. Please sign up at the 50+ Center Front Desk.

Mar 3 11am - 12pm F

Free



EXERCISE AND FITNESS

Age Well Exercise

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to help you feel your best. Classes are cosponsored by the Howard County General Hospital.

Instructor: Roxanne Hartman, OTR/L, CDP

Jan 4 11:30am - 12:30pm W & F

\$76 / 12 classes

[A06463.201](#)

Chair Yoga DANCE!

Loosen and stretch muscles, reduce stress and improve circulation while building strength and balance. Each class starts with breath work and slow body warmups, then moves to accessible seated dance movements. The best part is we all move together to songs of yesteryear as well as popular songs of today.

Instructor: Lisa Rados

Jan 4 10 - 11am W

\$76 / 12 classes

[A06414.201](#)

Gentle Yoga

Wednesdays, 11:15 am to 12:15 pm

Cost: \$76 for 12 classes

October 5—December 21

Learn basic yoga poses and proper posture to pair with breath work and relaxation techniques. Class benefits include greater flexibility and improved strength, energy and concentration, clarity and overall health. Mats and props available for class or bring your own.

Instructor: Lisa Rados

Jan 4 10 - 11am W

\$76 / 12 classes

[A06415.201](#)

Line Dance - Beginner

Learn popular step sequences in these fun weekly sessions. The first half of the class is basic and beginner refresher steps and the second half has more advanced sequences. A fun and interactive way to be more active.

Instructor: Linda Pohland

Jan 3 11:15am - 12:45pm Tu

\$5 per month

[A06422.201 - Jan](#)

[A06422.202 - Feb](#)

[A06422.203 - Mar](#)

Line Dance - Intermediate

Learn popular step sequences in these fun weekly sessions. Volunteer led classes for the intermediate to advanced line dance enthusiast. A fun and interactive way to be more active.

Jan 5 1:30 - 3pm Th

\$5 per month

[A06423.201 - Jan](#)

[A06423.202 - Feb](#)

[A06423.203 - Mar](#)

Mat Pilates

Pilates enhances flexibility while building lean muscle, strength and endurance in the hips, back and abdomen. Improve your posture and your balance as you strengthen these core muscles. Mats and props are available for class or bring your own. No class Jan. 30, Feb. 2, Mar. 16.

Instructor: Maggie Lockhart.

Jan 9 11:30am - 12:30pm M & Th

\$110 / 21 classes

[A06457.201](#)

EXERCISE AND FITNESS

Monday Morning Groove * Demo *

Come and take a *free* 30 minute tryout of our new class starting the following week.

Come and meet the teacher and ask any questions you may have.

Please sign up at the 50+ Front Desk.

Instructor : Maggie Lockhart.

Feb 6 10:30 - 11am M

Free

Monday Morning Groove

Move and groove, stretch and strengthen.

Kick the week off dancing to favorites of yesterday and today. This energizing chair based movement class is suitable for all abilities and especially the young at heart. Be prepared to work upper and lower extremities, have a few laughs and start the week off on the right foot. Bring a water bottle.

No class Jan. 30, Feb. 2, Mar. 15.

Instructor: Maggie Lockhart.

Jan 9 10:30 - 11:20am M & Th

\$25 / 5 classes

[A06458.202](#)



Walking Club

Meetup in the gym for a brisk walk around the indoor track - 12 laps equals 1 mile.

The track is available anytime NLCC is open and there is no organized activity in the gym.

Jan 3 8 - 9am M-F

Free

[A06412.201](#)

Zumba

A fun, Latin-inspired workout designed for the active, older adult, incorporating Zumba's contagious rhythms with a lower intensity.

Instructor: Roxanne Hartman, OTR/L, CDP

Jan 6 10am - 11am F

\$83 / 12 classes

[A06411.201](#)



For just \$75/year, Go50+ members can use the fitness equipment rooms at three 50+ Center locations: Elkridge, Ellicott City and Bain 50+ Centers, as well as in the community centers at Glenwood, N. Laurel, and Ellicott City.

Those needing a brush-up on how to use the exercise equipment can view a video at:
<https://www.youtube.com/watch?v=8KyvEPCNJZ8>

If you need an update on the status of your Go50+ membership or would like additional information, please call the 50+ Front Desk.

Current Fitness Class Schedules available at 50+ Center Front Desk

VIRTUAL CORNER



Virtual Groups. All groups are weekly unless otherwise noted. Pre-registration required to access link.

CAREGIVER SUPPORT GROUP

7:00 - 8:30PM (3rd Monday of the month, except for holidays, usually rescheduled)
For adult caregivers of adults. With a priority on caring for the caregiver, discussions include topics such as stress management, resources, and caregiving techniques.

MONDAYS - AGING WITH GRACE

Facilitators take a deeper look at what our later years bring, offer, and demand. Using Joan Chittister's book, "The Gift of Years", each session will explore topics on aging often not discussed. The book is included.

WEDNESDAYS - OPEN MIND GROUP

9:30 - 11:30am

In-depth discussion on topics drawn from the issues of today and country's challenges, in a collegial environment where all input is respected.

THURSDAYS - ON OUR MINDS

10:00 - 11:30am

Find camaraderie in a highly supportive group. Join the discussion on a range of topics from the news, member suggestions, or life experiences.

For registration information and the link, contact: Karen Hull, HCOAI, 410-313-7466 (voice/relay).

email: khull@howardcountymd.gov.

Elaine Widom, 410-313-7353 (voice/relay);

ewidom@howardcountymd.gov

All participants must register through **Active.net**

Aging with Grace A20100.200

Open Mind Group A20101.200

On Our Minds A20102.200

Virtual Offerings

National Park Series: Great Dunes National Park

Thursday, January 12, 2pm

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9e8493847e79ba0c06abc013918698f6>

Meeting #2306 839 3715 Password: NPS4me!!

Join an education ranger from Great Dunes National Park to learn more about how the dunes formed, how they've changed, and their unique wildlife.

Maggie L. Walker - Black History Program

Thursday, February 2, 2pm

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mdf520a663ab84094a74f9fa30c326a20>

Meeting # 2309 125 2303 Password: NationalParks!2

Learn about Maggie L. Walker, the first female and the first African American bank president.

Virtual Fitness Pass Information

Are you interested in joining our Virtual Community of Fitness Classes? Sign up for our Paid Virtual Fitness Class Pass and enjoy **20** different classes per week, for only **\$45** a month. Sign up for 3 months at a time for only **\$120**.

To sign up and for more details on classes and instructors, call 410.313.1400 or 410.313.5440. You can also sign up online at: <https://apm.activecommunities.com/howardcounty/> Search: Virtual 50+Virtual Exercise Classes.

Classes include: All-In-One, Balance, Barre, Cardio Kickboxing, Circuit Conditioning, Floor/Core/More, Pilates, Power, Seated Classes, Yoga, Zumba Gold®